

# VINTAGE PASADENA RULE OF LIFE

<p><b>PRAYER &amp; WORSHIP</b></p> <ul style="list-style-type: none"><li>• Scripture</li><li>• Silence and Solitude</li><li>• Daily Office (prayer)</li><li>• Study</li></ul>	<p><b>REST</b></p> <ul style="list-style-type: none"><li>• Sabbath</li><li>• Simplicity</li><li>• Play and Recreation</li></ul>
<p><b>WORK &amp; ACTIVITY</b></p> <ul style="list-style-type: none"><li>• Pattern for work</li><li>• Service and Mission</li><li>• Care for the physical body</li></ul>	<p><b>RELATIONSHIPS</b></p> <ul style="list-style-type: none"><li>• Emotional Health</li><li>• Family</li><li>• Community (Companions for the Journey)</li></ul>